



# March 2010 Happenings



Unless noted, events are at the Northampton Senior Center, 67 Conz St., 587-1228

## *Laugh for the Health of It*

Monday, March 22, 1 p.m.

Learn the positive power of laughter  
with Trevor Smith.  
No cost. Open to everyone!



## Pot O'Luck Luncheon

Wednesday, March 17,

11:30 a.m.-1:30 p.m.

Please let our receptionist  
know what you will be bringing.



## *Bye Bye Birdie*

at Northampton High School

Senior matinee tickets are \$7

for Saturday, March 13 at 2 p.m.

Senior tickets on sale at the Senior Center

March 1-31 (M-F)	8:30 a.m.- 4:30 p.m.
Tuesdays	9:30-10:45 a.m.
Wednesdays	9 a.m.-12 p.m.
Tues., March 2	10 a.m. - 12 p.m.
Tues., March 2 & 16	10 a.m.-12:30 p.m.
Thurs., March 4	12-2 p.m.
Fri., March 5	10-11 a.m.
Fri., March 5	2-4 p.m.
Fri., March 5	3-3:45 p.m.
Mon., March 8 & 22	1-3:30 p.m.
Thurs., March 11	1:30 p.m.
Fri., March 12	1-2 p.m.
Tues., March 16	4 p.m.
March 16 & 17	8:30 a.m. - 4:30 p.m.
Wed., March 17	9:30 a.m. - 1 p.m.
Wed., March 17	10 a.m.- 12 p.m.
Wed., March 17	11:30 a.m. - 1:30 p.m.
Thurs., March 18	9-10 a.m.
Thurs., March 18	1 p.m.
Sun., March 21	12 noon
Sun., March 21	2-3 p.m.
Mon., March 22	1 p.m.
Wed., March 24	2:15 p.m.
Thurs., March 25	1-3 p.m.
Fri., March 26	1-2 p.m.
Sat., March 27	7:30-10 p.m.
Wed., March 31	10 a.m.

- Art Exhibit:** "Watercolor Wonderland" by Bobbe O'Brien. Everyone welcome.
- Cup of Conversation:** Enjoy a complimentary cup of coffee or tea.
- Tax Preparation Assistance:** For Northampton seniors with basic tax returns. AARP volunteers will assist with income tax returns. By appointment only.
- Blood Pressure Clinic:** Free and open to the public. Walk-ins welcome.
- PVTA Photo IDs:** For disabled and senior citizens with documentation. \$1.
- Low Vision Group:** Open to all seniors with low vision. Transportation provided.
- Brown Bag Food For Elders:** Application required. Call Michele at 587-1226.
- Play Reading Group:** All seniors welcome. Read excerpts from plays.
- Save Me a Place at Forest Lawn:** Play reading directed by Ginny Mayer.
- Massage & Bodywork Clinics:** Run by Hands-On Elders for Northampton seniors and/or their caregivers. \$10 fee. Advance registration is required.
- NCOA Board Meeting**
- Skin Care Workshop:** Learn how to identify and prevent skin cancer. No fee. Open to all seniors. Pre-registration is required.
- Committee on Disabilities**
- Irish Soda Bread:** Freshly baked by our own leprechauns, on sale at the Senior Center.
- Foot Care Clinic:** with Dr. Michael Coby. Reservations required. Fee: \$25.
- Photo Management:** First week for 3-week workshop. Registration required.
- Pot O'Luck:** Potluck luncheon for Northampton seniors. Great food, great fun. Irish music and entertainment. Sign-up at the reception desk. Space is limited.
- Stretching Workshop:** Learn appropriate stretching. No fee. Must preregister.
- TRIAD Meeting**
- Holyoke St. Patrick's Day Parade:** Will be shown on a local television station.
- Community Concert:** Music by Northampton Flutes. Free and open to everyone.
- Laugh for the Health of It:** Free workshop on the therapeutic power of laughter.
- Stress Reduction Workshop:** Learn mental exercises to reduce stress. \$10
- Readers & Thinkers Book Club:** Discuss "The Air We Breathe."
- Medicare Fraud:** Learn how to prevent healthcare fraud. Free and open to all.
- Dance:** Open to all ages. Light refreshments. \$7 per person. Pay at the door.
- Music Concert:** Enjoy a free concert by the Berkshire Hills Music Academy.



## *Spaghetti Dinner Fundraiser*

Friday, April 16, 5:30-7 p.m.

\$8 for adults, \$4 for age 12 and under

Proceeds benefit Senior Center programs & services. Tickets on sale now

## Travel Meeting

Monday, April 26, 4:30 p.m.

Learn about travel opportunities, enjoy light refreshments

